

# Beauty Therapist

(Job Role)

Qualification Pack: Ref. Id. BWS/Q0102

Sector: Beauty and Wellness

Textbook for Class XI

विद्यया ऽ मृतमश्नुते



एन सी ई आर टी  
NCERT

राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्  
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## FOREWORD

The National Curriculum Framework–2005 (NCF–2005) recommends bringing work and education into the domain of the curricular, infusing it in all areas of learning while giving it an identity of its own at relevant stages. It explains that work transforms knowledge into experience and generates important personal and social values such as self-reliance, creativity and cooperation. Through work one learns to find one's place in the society. It is an educational activity with an inherent potential for inclusion. Therefore, an experience of involvement in productive work in an educational setting will make one appreciate the worth of social life and what is valued and appreciated in society. Work involves interaction with material or other people (mostly both), thus creating a deeper comprehension and increased practical knowledge of natural substances and social relationships.

Through work and education, school knowledge can be easily linked to learners' life outside the school. This also makes a departure from the legacy of bookish learning and bridges the gap between the school, home, community and the workplace. The NCF–2005 also emphasises on Vocational Education and Training (VET) for all those children who wish to acquire additional skills and/or seek livelihood through vocational education after either discontinuing or completing their school education. VET is expected to provide a 'preferred and dignified' choice rather than a terminal or 'last-resort' option.

As a follow-up of this, NCERT has attempted to infuse work across the subject areas and also contributed in the development of the National Skill Qualification Framework (NSQF) for the country, which was notified on 27 December 2013. It is a quality assurance framework that organises all qualifications according to levels of knowledge, skills and attitude. These levels, graded from one to ten, are defined in terms of learning outcomes, which the learner must possess regardless of whether they are obtained through formal, non-formal or informal learning. The NSQF sets

common principles and guidelines for a nationally recognised qualification system covering Schools, Vocational Education and Training Institutions, Technical Education Institutions, Colleges and Universities.

It is under this backdrop that Pandit Sunderlal Sharma Central Institute of Vocational Education (PSSCIVE), Bhopal, a constituent of NCERT has developed learning outcomes based modular curricula for the vocational subjects from Classes IX to XII. This has been developed under the Centrally Sponsored Scheme of Vocationalisation of Secondary and Higher Secondary Education of the Ministry of Human Resource Development.

This textbook has been developed as per the learning outcomes based curriculum, keeping in view the National Occupational Standards (NOS) for the job role and to promote experiential learning related to the vocation. This will enable the students to acquire necessary skills, knowledge and attitude.

I acknowledge the contribution of the development team, reviewers and all the institutions and organisations, which have supported in the development of this textbook.

NCERT would welcome suggestions from students, teachers and parents, which would help us to further improve the quality of the material in subsequent editions.

New Delhi  
*June 2018*

HRUSHIKESH SENAPATY  
*Director*  
National Council of Educational  
Research and Training

## ABOUT THE TEXTBOOK

The Beauty and Wellness sector is growing at a fast pace and is an important industry in India. The reason for this exponential growth is the rising consumerism, globalisation and changing lifestyles of consumers. The rapid growth in the Beauty and Wellness Industry, with the entry of many small and large companies, has led to a huge demand for trained personnel to perform various job roles, such as Assistant Beauty Therapist and Beauty Therapist.

A Beauty Therapist is responsible for arranging and providing various beauty therapy services, such as manicure, pedicure, threading, waxing, mehendi and make-up. The textbook for the job role of a 'Beauty Therapist' has been developed to impart knowledge and skills through hands-on learning experience, which forms a part of experiential learning.

The textbook has been developed with the contributions and expertise provided by subject and industry experts, and academicians for making it a useful and enriching teaching-learning resource material for students. Care has been taken to align the content of the textbook with the National Occupation Standards (NOSs) for the job role so that the students acquire necessary knowledge and skills as per the performance criteria mentioned in the respective NOSs of the Qualification Pack (QP). The textbook has been reviewed by experts to ensure that the content is not only aligned with the NOSs but is also of high quality. The NOSs, along with their codes as mentioned in the Qualification Pack for the job role of a Beauty Therapist, are as follows:

- (1) BWS/N9001 : Prepare and maintain the work area
- (2) BWS/N0104 : Perform skincare services
- (3) BWS/N0105 : Perform depilation services
- (4) BWS/N0401 : Perform manicure and pedicure services
- (5) BWS/N0106 : Perform make-up services
- (6) BWS/N0128 : Operate electronic equipment to provide safe facial services
- (7) BWS/N0129 : Perform salon reception duties
- (8) BWS/N9002 : Maintain health and safety standards in the work area
- (9) BWS/N9003 : Create a positive impression in the work area

Unit 1 of the textbook introduces the various career opportunities in the Beauty and Wellness sector. It also describes various beauty therapy services, such as manicure, pedicure, make-up, hairdo, etc., and the importance of such treatments. General guidelines for maintaining the work area, as well as, health and safety standards to be followed within the sector are covered in the Unit. Unit 2 deals with skincare services. It describes the actions of the face, neck and shoulder muscles so that the learners can use this information while providing massage to a client. The Unit also includes bleaching, a beauty treatment that destroys melanin and gives a pale golden look to finer facial hair. Unit 3 deals with manicure and pedicure services. It also covers the anatomy of the hand, feet and nail, so that the learners get an in-depth understanding of the kind of treatment or therapy that the client needs to be given. Unit 4 deals with depilation services, such as waxing and threading, wherein unwanted body hair are removed. It also deals with alternative hair removal techniques.

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*“Healthy skin is crucial for providing the right canvas for applying make-up, to enhance natural beauty and create natural healthy looking skin.”*

*– Caroline Frazer*